



# Greening Up for Grown Ups

As we find ourselves at the tail end of the noughties, we seem to be leading busier lives than ever.

If our days aren't jam-packed whizzing the children here, there and everywhere, they're filled with us dashing off to the gym, hurtling out to grab a bit of shopping, not to mention doing the old 9-5 to make all the ends meet.

So where do we 'old dogs' find time to learn 'new eco-tricks' and do we really need to worry about it? Surely someone else can just do a bit more for the environment and we won't have to worry about it.



**S**

Start believing that your small and simple changes will make a difference

**T**

Try to adopt one green change a week into your usual routine

**A**

Ask your children or grandchildren what they know about composting; you might be pleasantly surprised

**R**

Rise to the challenge of being a green leader in your office and tackle one simple task a month

**T**

Talk to three of your neighbours and set up a weekly recycling rota for a Sunday morning trip to the civic amenity site and take all the rubbish in one car

**N**

Never underestimate your own potential for positive change

**O**

Only throw away what's absolutely necessary, landfill is one step away from landfull

**W**

When you start feeling the buzz from going the extra green mile, spread the word and get a friend on board too

Take the first letter from each of our top tips - who said word games were just for kids?!

[www.recycle-more.co.uk](http://www.recycle-more.co.uk)

Written by Tracey Smith as part of Valpak's initiative to help recycle-more © Valpak Ltd 2009